# This is how we 'do it

**With the Jays on top of the AL East, Metro looks at the hairstyles that have been on top of the Jays**

**metroNEWS**


# Toronto metro

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# Jean Chrétien breathes fire at Liberal rally

ELECTION 2015

## Former PM slams Tories on refugees, NDP on Quebec

Justin Trudeau may be the one running in the election, but it was former prime minister Jean Chrétien who stole the spotlight at a Liberal rally in Hamilton on Sunday.

In a rousing 20-minute speech that fired up the crowd of party faithful, Chrétien slammed the Conservative government for its "embarrassing" response to the Syrian refugee crisis and attacked NDP Leader Thomas Mulcair for his stance on Quebec separation.

With Trudeau standing by his side at the podium, Chrétien recalled that in decades past, Canada had welcomed thousands of refugees from places like Eastern Europe, Uganda and Vietnam.

"And there was no debate. There was no controversy. It was Canada opening the heart. It was what Canada was in those days," he said.

Chrétien said the Conservative government's handling of the refugee file was ruining the country's international reputation. "Everywhere I go, they say, 'What's happening to Canada? Where is the Canada that we have known?' "

Chrétien saved some of his harshest remarks for Mulcair's "irresponsible" promise to repeal the Clarity Act — a law that Chrétien's government passed in 2000 — which states that a "clear majority" of Quebecers would have to vote in favour of separation in order for the province to secede. Scrapping the law could lead to a referendum being decided by a simple majority of 50 per cent plus one.

Chrétien charged that some of the 59 Quebec MPs the NDP elected in 2011's so-called "Orange Wave" were separatists and accused the party of trying to "pander" to people who want to break up the country.

> **Where is the Canada that we have known?**
> Jean Chrétien

He concluded by shouting "Vive le Canada!" to raucous applause.

The former prime minister's speech, much of which appeared to be unscripted, lasted more than 20 minutes, while the current Liberal leader spoke for about 11. At one point, Chrétien apologized for running long, to which Trudeau responded, "You've earned it, Jean."

TORSTAR NEWS SERVICE

LIZ BEDDALL/METRO

# PAGING ELLEN

**ELLEN PAGE HITS THE RED CARPET AT THE TIFF PREMIERE OF FREEHELD**

More film-fest coverage in metroNEWS

**TIFF INSIDER**

**Jessica Allen**
For Metro Canada

## Steak and oysters and getting Blind Sided by Bullock...

The first rule of TIFFholing is you do not leave a party before Amal Clooney's husband. And since George stayed at the Montecito post-gala celebration of Our Brand Is Crisis, which he helped produce, until midnight Friday, I missed Helen Mirren at Patria and Rachel McAdams and Geoffrey Rush at Mongrel House.

This was a great inconvenience for me. But at least the party, hosted by Audi Canada, was fantastic. And I'm not just talking about the food, including New York strip loin, oysters and charcuterie, which, in typical TIFF fashion, only media and industry folk gobbled down. Sandra Bullock was also there, and after she sashayed past a guest to cosy up in a booth with a flute of champagne, he whispered, "I just want her to recite The Blind Side to me every night."

I hear you, not only in spirit, but also literally — thanks to the event being a pleasantly under-crowded.

*Things get Audi control — page 15*

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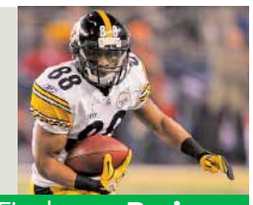

Sensors in shoulder pads will track NFL players. **Business**

# Love Lettering spreads sweet nothings over city

COMMUNICATION

## Project gives participants much-needed change of heart

**Gilbert Ngabo**
Metro | Toronto

Valentine's Day is still months away but, for a group of letter-writing Torontonians, love is in the air — and on the page.

Known as the Love Lettering project, the group is embarking on a campaign to blanket the city in love letters — and its members are asking the public to join them.

Starting Sept. 27, the group will be gathering in Trinity Bellwoods Park to pen love letters to Toronto and distribute them across the city. If you're lucky, you may just find a letter on your doorstep or stuck between the spokes of your bicycle.

"There's something about sending out love letters and not knowing who's going to read them," said Love Lettering founder Lindsay Ziel-Vogel.

Ziel-Vogel started the Love Lettering project over 10 years ago, when she and her friends gathered to write poetry one day in Trinity Bellwoods.

Over the years, she's slowly grown the program's reach, organizing events where children and adults write — and send — letters about the people, places and things that matter to them.

"It's so much fun," she said. "It gets people to think about what they love about the city and the communities they live in."

Ziel-Vogel likes to think of the project as an antidote to all the complaining Torontonians do. In fact, many people who've taken part in Love Lettering events say they hate Toronto, but then turn around and produce "some of the nicest letters," she said.

"As soon as you see one good thing, chances are you'll see a whole bunch more," she said.

For more information, visit loveletteringproject.com.

### MAKING CONNECTIONS

Over the years, Ziel-Vogel has heard from people who've picked up her letters. One woman got hers at a time she was just moving to the city and her morale was down. Reading the anonymous love letter cheered her up, and encouraged her to stay in Toronto.

She eventually tracked Ziel-Vogel down and they became friends.

**Lindsay Ziel-Vogel started the initiative more than 10 years ago, and she's now getting the community involved. Right, some sample love letters to Toronto written by participants.** ALL PHOTOS CONTRIBUTED

OMBUDSMAN REPORT

## Issues abound in schools

Ontario's Ombudsman has received more than 60 complaints about school boards — on issues from busing and discipline to special education — since they fell under the watchdog's oversight Sept 1.

"It exceeds the number of complaints we were predicting, but maybe some people were holding their fire until school started," said Ombudsman André Marin.

Complaints range from school boards' expulsion and suspension policies to the availability of special education support and access to bus stops in certain neighbourhoods.

While a couple also focus on the province's new sex-ed curriculum, that in itself — as government policy — is not something Marin has the authority to review.

"We can look at whether the implementation or administration of the new curriculum has been done improperly — if there were, say, problems in communication — but we elect people to Queen's Park to legislate," he said.

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### COMPLAINTS

Of the 65 complaints received by Friday, 39 are about English-language public schools — the largest system — and about 24 about English-language Catholic schools.

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# Somali people are 'forgotten'

CRISIS

## Refugees also face difficulties trying to come to Canada

Steven Goetz
For Metro | Toronto

With Syrian refugees firmly in the spotlight, Toronto's Somali community is drawing attention to the ongoing struggle of Somalis trapped in massive refugee camps in Kenya and Ethiopia.

Somali refugees hoping to come to Canada are facing the same long waits and red tape as Syrians, said Osman Ali, president of the Somali-Canadian Association of Etobicoke.

"For years we have been waiting for Canada to open the doors and year after year it is kept shut," he said. "Even people sponsored by family members in Canada are not getting through."

While the numbers of Syrian refugees and the hardships they face are staggering, Somali refugees have their own unique challenges, said Dr. Joan Simalchik, a history professor at the University of Toronto and the founding director for the Canadian Centre for Victims of Torture.

"The plight of Somalis needing protection has largely been forgotten by governments," she said. "It is a real problem with humanitarian work that the new crises tend to overshadow lingering ones."

According to Simalchik, there are over a million Somali refugees living in camps in Ethiopia and Kenya. They'll remain there unless governments like Canada improve their immigration programs, she said.

The Canadian refugee system "is slow and backlogged" and, even though the government has a policy to accept refugees, it hasn't "put the supports in place to make it operate," Simalchik said.

Ali said many Somalis who come to his organization for help with refugee claims are reluctant to talk to the media. "They think if they say anything negative about the government's handling of their case, their file will be put aside or red flagged."

"Somalia is a forgotten people with little help from the Canadian government," he said.

### THE NUMBERS

**Major source countries of refugees (end of 2014)**

1. Syrian Arab Republic (3.9 million)
2. Afghanistan (2.6 million)
3. Somalia (1.11 million)
4. Sudan (666,000)
5. South Sudan (616,200)

**Source: UNHCR**

**Osman Ali is the president of the Somali-Canadian Association of Etobicoke. His group hopes the plight of Somali refugees will gain some of the attention being afforded to the Syrian refugee crisis.** STEVEN GOETZ/FOR METRO

# Ontario opens up to Syrians in need

The Ontario government is pledging $10.5 million to the Syrian refugee crisis, Premier Kathleen Wynne announced over the weekend.

Wynne said the province hopes to resettle 10,000 refugees by the end of 2016, though she notes the provincial government doesn't have the power to sponsor those refugees.

Most of Ontario's contribution will help "expedite the resettlement of refugees all across Ontario and support them as they build new lives here" over the next 2 1/2 years, Wynne said, adding that $2 million will go to immediate humanitarian aid on the ground overseas.

Wynne said that because the provincial government cannot sponsor refugees, she can't do anything concrete to speed up the process of bringing refugees to Ontario, but she encouraged the federal government to move more quickly.

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**Occupational therapist Phyllis Wong tends to the flowers in CAMH's new "sensory garden" that she created to help patients.** COURTESY MIKE HAJMASY

# Healing garden is a hit with patients

MENTAL HEALTH

## Alternative therapy helps battle anxiety, depression

**Gilbert Ngabo**
Metro | Toronto

Thanks to a new alternative therapy initiative, patients at CAMH are gardening their way to better mental health.

Occupational therapist Phyllis Wong has created a small garden alongside one of the centre's parking lots. Patients from CAMH's mood and anxiety unit can tend the flowers or simply enjoy the sights, smells and sounds of the garden.

"The goal of this garden is to stimulate one or more of the five human senses," Wong said. "It really does offer a healing environment, away from the beds of inpatient's unit."

Wong said the garden has helped her patients battle anxiety, depression and feelings of hopelessness. One patient came in complaining about strange physical pain. After visiting the garden and spending time touching and watering the plants, she wasn't in pain any more, Wong said.

Another patient, suffering from depression, had lost her sense of smell, Wong said. However, after touring the garden, she claimed to be able to enjoy the scent of the flowers.

"I think it really gives them a sense of being productive, and restores some hope for themselves," said Wong.

"A lot of them actually want to come back and be taken to the garden, even after they've been discharged."

**A sign reminds patients to stop and smell the flowers.** COURTESY MIKE HAJMASY

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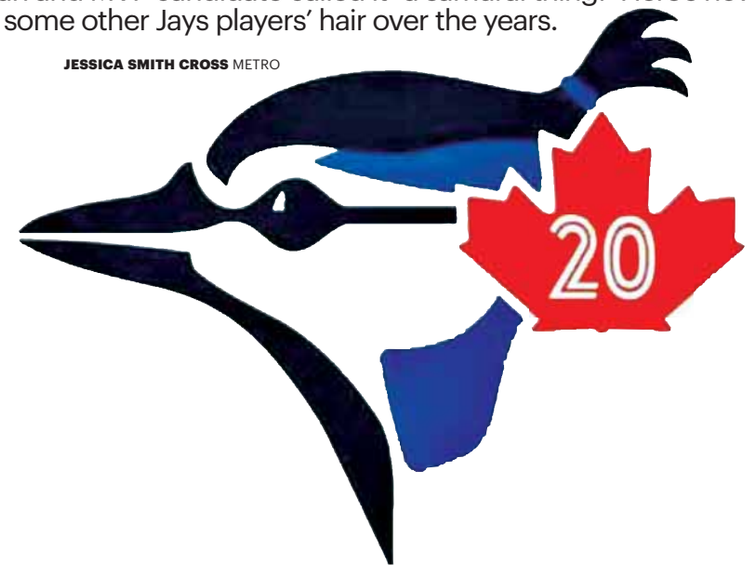
# Flair for championship hair

Twitter user Tim McSpencer thrilled Jays fans this week by giving the team's logo a topknot in honour of beloved slugger Josh Donaldson. For most of the season, Donaldson has kept his mane tied back in a twist on the "man bun." In an interview with Torstar News Service, the third baseman and MVP candidate called it "a samurai thing." Here's how Donaldson's 'do compares to some other Jays players' hair over the years.

JESSICA SMITH CROSS METRO



## Marcus Stroman

Stroman's hair, seen here before his injury in spring training, matches his bright personality.

RICK MADONIK/TORSTAR NEWS SERVICE

Josh Donaldson, and his hair. STEVE RUSSELL/TORSTAR NEWS SERVICE

## Jose Bautista

Bautista's beard is instantly recognizable, but he actually hasn't always worn it. One day in 2010, he wore a moustache, but didn't hit well that day and we've never seen a moustached Bautista since.

BEN MARGOT/THE ASSOCIATED PRESS

## Jose Reyes

Reyes, now a member of the Colorado Rockies, has truly had it all when it comes to hairstyles, particularly when he's had bleached sections and inexplicable poufs at the back of his head. CHRIS SO/ TORONTO STAR; TWITTER/SBNATION

## Devon White

At the very beginning of Game 1 of the 1992 World Series, as the cameras panned to White, he folded his ear back and pointed to the side of his head, where he'd had someone shave the Jays' logo. YOUTUBE

## Adam Lind

In Lind's final days with the Jays last year, it seemed Lind's large goatee was just getting bigger and bigger.

RICK MADONIK/TORSTAR NEWS SERVICE

**The Toronto sign at Nathan Phillips Square during the 2015 Pan Am Games.**

HECTOR RETAMAL/AFP/GETTY IMAGES

CITY HALL

## Toronto sign will stay put

The "TORONTO" sign, the popular light-up installation that made its first appearance during the Pan Am Games, will remain in Nathan Phillips Square indefinitely, Mayor John Tory announced Sunday outside City Hall to applause.

"This is a sign that has inspired people across the city," Tory said Sunday, speaking on the occasion of City Hall's 50th anniversary. "I think what it does is it brings us out of our shells a little bit."

He said the sign will stay in place until at least the end of its current projected lifespan, which is late 2016, and that the city will look into ways between now and then to expand its lifespan or to replace it.

Tory also announced that the city will consider producing a smaller, more mobile version of the sign that can be taken to events across the city, such as TIFF or Pride.

"We're going to take a look at that and really use that sign to bring the city together," he said.

The city had previously said the sign would remain in the square until the end of this year and Tory had launched a social media campaign over the summer asking people to suggest other possible locations for the sign.

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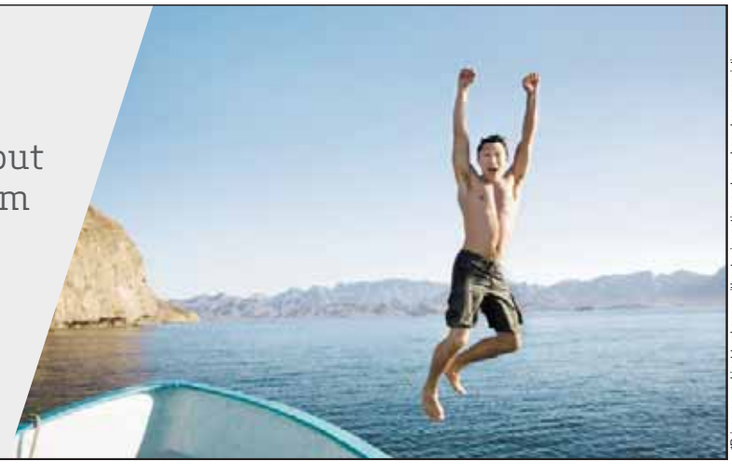

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# At the intersection of faith and fandom

RELIGION

## C3 pastor uses Drake's words to promote his deity's message

Gilbert Ngabo
Metro | Toronto

It's not as if God created The 6 on the sixth day, or as if Jesus himself started from the bottom.

But a Toronto church is playing on rapper Drake's successful branding of the city to attract young followers. And, apparently, it's working.

A few weeks ago, the Toronto chapter of the Christian City Church – C3 Toronto – erected a billboard on Queen West, with the inscription "For God So Loved The 6." It didn't take long before the sign made rounds online, and created buzz for the church.

"People aren't telling me specifically why they're coming in, but it's no coincidence; the billboard is having an impact," said Sam Picken, the senior pastor.

"I think it created a little bit of intrigue and people want to see what kind of church would post a message like this."

This Sunday's service at the Central Tech School church near Bathurst St. drew a record number of nearly 400 participants, a huge leap from previous services, he said.

Picken moved from Australia in 2008 to serve for the C3 chapter in Calgary, before starting the Toronto church in 2013. He said Toronto has a lot of appealing aspects for C3, not least of them a vibrant music and entertainment industry.

"We are a church that tries to stay relevant, keeping an uncompromised message with the Bible, and very community and youth focused," he said.

**Sam Picken, senior pastor at C3 Toronto, started the Toronto church in 2013.** CONTRIBUTED

But is the pastor a Drake fan?

"Who isn't, right?" he joked, adding he has some of the rapper's hits, although he wouldn't say which one is his favourite.

"Drake loves the city of Toronto and has definitely put it on the world map, and I love that he's proud of where he is from."

**The church's billboard is Drake-inspired.** CONTRIBUTED

AFFORDABLE HOUSING

## High demand for Pan Am village units

Months ahead of move-in, the wait list for affordable housing in a former Pan Am athletes' village building is almost four times as long as the list of available units.

Wigwamen, a housing charity geared toward indigenous people, will open a 145-unit building this spring.

More than 560 people have already applied for a spot.

"There's a desperate need for more affordable housing, particularly in the aboriginal community, but also more generally," said general director Angus Palmer.

As of June, more than 93,515 Toronto households are on the wait list for affordable housing.

That figure represents 171,309 people, according to Housing Connections' latest report.

"The opportunities don't come around all the time, but we try to capitalize on the ones that we see," Palmer said.

TORSTAR NEWS SERVICE

## IN BRIEF

**Police investigating death**

The Toronto Police Homicide Squad is investigating a 55-year-old man's stabbing death in Scarborough.

Paramedics were called to the Lawrence Avenue East-Galloway Road area Saturday afternoon, but the man died after being transported to hospital. No suspects have been identified.

Anyone with information is asked to contact police or CrimeStoppers.

TORSTAR NEWS SERVICE

**Three men injured in club**

A disagreement between two groups at a downtown Toronto club turned violent Sunday, sending three men to hospital with stab wounds. Police said the wounds were not life-threatening.

According to emergency officials, crews were called to SAME Nightclub on King St. W., around 2:40 a.m.

Anyone with information is asked to contact police or CrimeStoppers.

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- Why parts of the Bible are so difficult to understand and how they can be simplified
- How did so many interpretations of the Bible develop?
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# Refugees dominate election

ELECTION 2015

## Tories dealing with another trial involving top Harper aide

Party leaders are attempting to shift the public's focus to domestic issues including taxation and health care, as another week of campaigning in the federal election begins.

But questions surrounding Canada's role in alleviating the refugee crisis in the Middle East continue to dominate headlines.

And the trial this week of a former top aide to Conservative Leader Stephen Harper accused of influence-peddling could also cast a pall over the campaign.

But the Tories will be doing everything they can to cast light on their fiscal record while in office as the Finance Department unveils year-end figures for fiscal 2014-15, which could show that the government was on track to balance the budget.

**NDP leader Tom Mulcair speaks during a campaign stop at Spanish Banks Beach Park in Vancouver, on Sunday.** SEAN KILPATRICK/THE CANADIAN PRESS

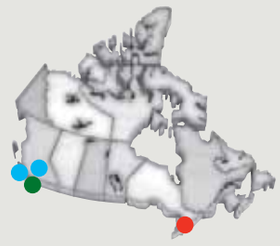
Last month, the department reported a $5-billion surplus for the April-June quarter, though Harper's opponents said that data was not up to date.

Harper repeated his party's pledge to lower small business tax rates during a campaign stop in Ottawa's west end Sunday, where he attacked the Liberals and New Democrats over their proposed tax plans.

While campaigning in Vancouver, where his party hopes to make gains on Oct. 19, the NDP's Tom Mulcair announced that a government under his leadership would spend $1.8 billion over four years bolstering health care for seniors.

The NDP is hoping to frame week seven of the 11-week campaign around health ahead of the next leader's debate on Thursday in Calgary.

### WHERE THE LEADERS ARE MONDAY



- **Stephen Harper** will be in Kamloops and Burnaby, B.C.
- **Justin Trudeau** will be in Toronto.
- **Elizabeth May** will be in North Saanich, B.C.

Tom Mulcair's itinerary was unavailable.

But it was Mulcair's promise to help Syrian refugees that had some of his party's supporters calling for even greater action.

Many New Democrats are urging their party to increase its election commitment to resettle 46,000 people over four years to as high as 100,000.

An emotional debate over how best to help some of the four million refugees who have fled fighting in Syria was fuelled earlier this month by the images of a dead three-year-old boy from Syria washing up on a Turkish beach.

In the meantime, former Harper senior adviser Bruce Carson goes on trial Monday in an Ottawa court on one charge of influence-peddling, related to his work with a company that was trying to sell water-filtration systems to First Nation reserves.

The Carson case follows on the heels of the trial of Sen. Mike Duffy, which forced the Tories off of their message at the beginning of the campaign in August.

Carson has pleaded not guilty to the influence-peddling charge, as well as other accusations of illegal lobbying. THE CANADIAN PRESS

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## IN BRIEF

**Scots might vote again on independence: SNP**

The Scottish National Party (SNP) will set out the timescale for another possible referendum on independence in its upcoming manifesto.

First Minister Nicola Sturgeon says the manifesto will include more details about how another vote may be "appropriate."

She stressed it was up to Scots to decide to have another vote, and she will only hold one if she thinks it would be successful.

THE ASSOCIATED PRESS

**Strong quake, no damage**

A strong earthquake shook communities along the Gulf of California on Sunday, but there were no immediate reports of damage.

The U.S. Geological Survey said the magnitude 6.6 quake struck at 1:14 a.m. local time at a depth of 10 kilometres (6 miles). The offshore epicentre was 48 miles (79 kilometres) south-southwest of Los Mochis.

It was preceded by two other earthquakes of magnitude 4.9 and 5.3.

THE ASSOCIATED PRESS

# Boat capsizes, at least 28 die

EUROPE

## Hungary sets new record for asylum seekers crossing border

At least 28 people seeking a better life in Europe drowned Sunday as they attempted a wind-swept sea crossing from Turkey to Greece, while a record number of asylum seekers reached Hungary's border with Serbia just two days before the government vows to make it more difficult to cross.

Greece's coast guard said the 28, including four infants and 10 older children, died when their wooden boat containing more than 125 people capsized near Farmakonissi. The island lies midway between Samos and Kos, two of the favoured targets for smugglers sending thousands of people daily to the Greek islands.

Officials said 68 others were rescued while 30 more swam to the barely populated island. Coast guard officials said the boat may have been toppled in part because of wind gusts exceeding 50 kph (30 mph).

Sunday's tragedy came just a day after two other boats capsized and at least five people — four children and a 20-year-old man — were presumed drowned. The coast guard said they are still searching for those bodies.

In Hungary, army engineers crowned the top of the planned 174-kilometre (109-mile) border fence with razor wire as the government warned, from Tuesday onward, any asylum seekers caught breaking through the barrier would be arrested and charged.

Police said 4,330 were spotted crossing in the previous 24 hours, more than 700 higher than the previous one-day record, as trekkers strove to reach Hungary before the tougher security measures take effect.

This year, more than 175,000 have passed through Hungary from Serbia en route to Western Europe, and the government of Prime Minister Viktor Orban says it's determined to make Hungary a more difficult challenge, with deployments of troops and potential prison terms part of the deterrent.

Hungary's lawmakers have not voted yet on whether to back government plans to deploy more than 3,000 troops in support of border police, but dozens of soldiers already were patrolling the fence Sunday.

THE ASSOCIATED PRESS

**175K**

**This year, more than 175,000 people have passed into Hungary from Serbia, headed to Western Europe.**

**Sohrab Naveed, 1, whose family comes from Kabul, Afghanistan, is held by his mother while waiting with others to board a bus after crossing the Serbian-Hungarian border on Sunday.**

MUHAMMED MUHEISEN/THE ASSOCIATED PRESS


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**Sensors in the shoulder pads of players will transmit details to team officials and armchair quarterbacks alike, to help analyze what is going right and wrong.** TIMOTHY A. CLARY/AFP

# NFL makes data play

TECHNOLOGY

## Tracking chips will provide coaches with real-time info

It won't just be bodies crunching on the NFL gridiron this season: teams and coaches will be getting data from every player with new technology unveiled on Friday.

Zebra Technologies, an Illinois firm known for barcode readers and inventory tracking, announced an agreement to install location-tracking sensors in the shoulder pads of NFL players. The tracking chips will provide data to coaches and players, as well as to armchair quarterbacks, to help analyze performance and what is going right and wrong on the field.

"These location-tracking devices from Zebra Technologies will provide real-time statistics for every movement of every player on every inch of the field in every NFL game this season," the company said in a statement.

The systems rely on RFID or radio frequency identification technology, similar to what is used by manufacturers and retailers to track the location of merchandise and manage inventory.

Zebra installed RFID receivers in all 31 stadiums used by the NFL. These receivers are pinged by coin-sized tracking sensors on each player to identify the location, motion, and direction of every player throughout a game.

"These sensor tags can blink up to 85 times per second and transmit motion within 120 milliseconds," the statement said.

"If a quarterback is being tightly pressured, the solution will tell the story of exactly when and where."

Zebra, which tested the system last season in 18 stadiums, said the technology "is giving the NFL more of this intelligence and insight into their game than ever before, including player distance travelled, maximum and average speeds, and accelerations and decelerations."

Fans watching on television will also have access to the data with live broadcast graphics.

The season for the most popular U.S. sport opened Thursday with a 28-21 win by the Super Bowl champion New England Patriots over the Pittsburgh Steelers. AFP

> **If a quarterback is being tightly pressured, the solution will tell the story of exactly when and where.**
> Zebra Technologies

EURO CURRENCY

# No new bailout terms for Greece

The head of the euro currency group of countries has ruled out any renegotiation of the massive loan program meant to save Greece's economy, a week ahead of general elections there.

Greeks go to the polls on Sept. 20 with former prime minister Alexis Tsipras seeking a stronger mandate to implement unpopular reforms needed to secure the 86 billion euros ($97 billion US) rescue program.

Eurogroup chief Jeroen Dijsselbloem said Saturday that renegotiation is "not possible" regardless of who wins "so work must continue" on reforms required to secure the loans.

Speaking after chairing a meeting of the 19-nation currency bloc, he said that finance ministers had not discussed any debt relief for Greece.

The International Monetary Fund insists on Greek debt relief before taking part in any new bailout.

The radical left Syriza party of Tsipras is pulling ahead of the conservative main opposition party, according to an opinion poll published Friday.

All polls conducted so far show no party able to win enough parliamentary seats to govern without coalition partners.

THE ASSOCIATED PRESS

## IN BRIEF

**Moldovans demand probe**

Some 20,000 people protested Sunday in Chisinau, the capital, against Moldova's government for the eighth straight day, demanding a probe into the $1.5 billion US that disappeared from three Moldovan banks last year. They demanded the resignation of the president, general prosecutor, national bank governor and others. THE ASSOCIATED PRESS

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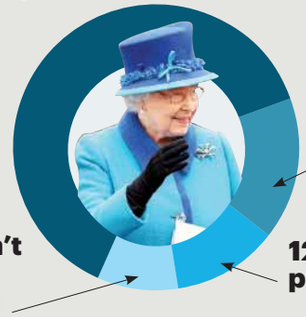
Metro MONDAY POLL

# The Queen of controversies

**Visit** metronews.ca **every Friday to have your say.**

**Send her** victorious / Happy and glorious / Long to reign over us ... or not. Queen Elizabeth is now Britain's longest-ruling monarch, and Canada's too; breaking Queen Victoria's record of 63 years, seven months and two days on the throne. But while some Canadians can't wait for their favourite young royal couple to occupy Buckingham Palace, others would prefer to ditch the monarchy in favour of a U.S.-style republic — though making that happen would require the consent of all the provinces and could reopen the thorny constitutional debate. We asked our readers if they think the Crown is a royal pain, or if they're happy to see the Queen and her family reign.

**1 Do you want Canada to remain a constitutional monarchy?**




**2 What do you think will be the future of the Crown in Canada?**

**3 If you want to keep the monarchy, why?**

**28%** It's a tradition
**19%** Getting rid of it would be a mess
**16%** It differentiates us from the U.S.
**16%** There's a good political reason
**12%** I <3 the Royal Family
**9%** Other

"Monarchy has no place in modern society."

"Replacing the Queen would politicize the head of state."

"Once the Queen dies, we should become a republic."

METRO READERS

# The Olympics: Just one more big, vague idea

TORY'S TORONTO

**Matt Elliott**

One of my least favourite recurring themes at Toronto City Hall goes like this: An outside group tries to get city council to approve a big, vague idea with the promise that details will come later.

It happens way too often.

We saw it when the Ontario Lottery & Gaming Corporation tried to win council approval for a downtown casino, despite being super-vague about revenue estimates for the city.

We saw it again with the debate over the Scarborough subway, where city hall was asked to vote on a plan without a defined route.

And we're seeing a similar situation play out with the plan to fly jets out of Billy Bishop Toronto City Airport, where councillors are being pushed to take sides on the issue, even though basic information is still TBD.

But these examples pale in comparison to the current talk of the town, the vaguest of vague ideas: the notion that Toronto should rush to bid for the 2024 Summer Olympic Games.

It's hard to pinpoint the most frustrating part of Toronto's current Olympic flirtation.

It might be the way boosters tend to only talk up the supposed benefits of hosting the Olympics, ignoring costs and glossing over the recent experiences of host countries that have been left with huge debts. They're like characters from the Jurassic Park movies, forever optimistic that every new iteration of their dinosaur theme park won't end with tyrannosauruses eating hapless tourists.

It might be the secrecy. With the way Mayor John Tory talks about the Olympic bid these days, you'd think he was talking about an off-the-books CIA operation and not a publicly-funded athletic spectacle. The deadline for bidding cities to submit a letter of intent to the International Olympic Committee is tomorrow, but Tory has yet to even indicate whether he'll be sending one, or how the process would unfold from there.

Or it might be that this all seems pointless, because Toronto almost certainly won't end up hosting the 2024 Olympics.

Even if Tory and the Canadian Olympic Committee are truly ready to bid, eventually there will still need to be a council vote. And that's going to be a problem, as several members of city council have thrown cold water on the idea.

Does anyone really think the IOC is going to be thrilled with a bid from a city with a divided council?

**Boosters tend to only talk up the supposed benefits of the Olympics, ignoring the costs and glossing over the recent experiences of host countries.**

But still, I think my biggest frustration comes back to the fact that this Olympic talk is just part of the same old pattern. Again and again, to the neglect of day-to-day issues like transit service and housing, civic leaders in Toronto insist on taking up the torch for big and vague ideas. And then, almost always, the public gets burned.

**Matt Elliott** lives and writes in Toronto. Follow him on Twitter @GraphicMatt

ROSEMARY WESTWOOD

metroview

# The taboo against saying you were raped is dwindling

Early this year, a friend worried rape would — post-Jian Ghomeshi — disappear from the news, and be forgotten.

I disagree. It may not make headlines every day, but we've crossed a threshold into a world where a young woman like Aspen Matis not only feels bold enough to write a memoir revealing her own rape on the second day of college, but a world where we're keen to listen. Whatever taboo exists around saying you were raped is dwindling, and it should taper further with this book.

"I found it really cathartic and empowering to be able to take something so terrible that happened in my life, and turn it into art, and process it, and turn it into something beautiful — hopefully beautiful — that could be of use in the world," Matis told me.

Now 25, she was 19 when she was assaulted in her own dorm room by a fellow student. Nineteen, too, when she began hiking the 4,286-kilometre Pacific Crest Trail, a sojourn she recounts in her book, Girl in the Woods, which is being released tomorrow.

Part adventure memoir, part rape memoir — the latter having all but become its own genre, as more women decide to recount the breadth and scope of a single rape.

There are snow and mountains, food dwindling to a few cashews, life-or-death moments. There is the spectre of the rape. But looming over both is a woman's desperate search for her independence.

Matis grew up dependent on her mother. The rape, she told me, felt like a confirmation that she really was incapable for caring for herself. Then, her parents didn't want to talk about it. Her campus' response was woefully inadequate. The rape became a secret that weighed like a cramp, a "dark pearl in your gut." She first published an essay about the rape in the New York Times in 2012, and it helped shrink her guilt. The book has gone further.

"The shame is not on me, that's misplaced shame," she said. "Shame on him."

Written in full exposure of her own weaknesses, with stream-of-consciousness narration, the book explores the struggle for self-love that we all go through, but that becomes, for a rape victim, essential.

"The rape was not the end of my life, it was the beginning of something bigger. That was a really exciting discovery," she told me.

Matis said she hopes the book helps other rape survivors find their voices, in whatever way they can, and add to this new culture of transparency around sexual assault.

"You are never the only one," Matis said. Proof the frank talk of rape is here it stay.

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Brian Helgeland, Emily Browning and Tom Hardy at the TIFF press conference for Legend

# Are we ready to be Martians?

SCIENCE FACT

## NASA's adviser for The Martian on reaching the Red Planet

**Ned Ehrbar**
Metro | TIFF

**We are still long away from getting marooned on Mars, like Matt Damon does in The Martian.** CONTRIBUTED

The Martian offers a tantalizing — if harrowing — glimpse into what the future of space exploration holds, but how close are we really to commencing manned missions to the red planet?

NASA's planetary science division director Jim Green, who served as a technical adviser on the film, lays out what it will really take for us to get our asses to Mars.

**Getting to Mars:**

"What you probably aren't really aware of is we're developing a whole series of technologies, not only from the technology organization at NASA but the Science Organization and Human Exploration Organization. They each have various aspects of the journey to Mars, to be able to meet at the end and make something happen in the 2030s and 2040s," Green says.

"For instance, Human Exploration is building the SLS, the space launch system, which is even more capable than the Saturn 5. That will get, with the Orion capsule, the astronauts to Mars. In addition to that, from a scientific perspective, we have a whole variety of missions to Mars, and we're going to continue to do that over the next couple of decades. With those missions, we look at various areas that would support habitats and what we would do in living and working on Mars. And so we're really moving ahead in finding out everything we can about Mars that would support human exploration in addition to understanding Mars as a terrestrial planet.

"And then in the technology area they're building the ion engines. They're building these 25-kilowatt ion engines that will haul tens of tons of material back and forth to Mars. And a lot of that technology is being built right now but you're just not aware of it. But that's where we're going. We're going to Mars. We're at the stage where Mars actually is our next step."

**But these things take time:**

"History repeats itself in many ways, and there was a hiatus between the time we stood down on the Saturn 5s and actually when we got the shuttle going," Green explains.

> **We're going to Mars. We're at the stage where Mars is actually our next step.**
> NASA planetary science division director Jim Green

"And it's because NASA has a certain budget and it has a certain phasing that has to go on, and you have to be able to retire something to be able to free up the additional money to be able to invest in and build and complete the next set of things that you're doing, and that's true with SLS."

**But we still love the moon, don't worry:**

"The moon, as an important part of our solar system and our Earth, is really a staging ground. It's an area where we're going to approve a variety of technologies before we go to Mars," Green says.

"It will probably be an area where we're going to go back and forth to Mars and we'll have a small weigh station, if you will, at the moon. So the moon will still play a very important part of our steps. So it's not like we're going to ignore it."

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# A 'verbatim musical' take on the serial killer genre

LONDON ROAD

## Director says film's central character is the community

Ned Ehrbar
Metro | TIFF

Tom Hardy has a cameo in London Road as a singing taxi driver. HANDOUT

With London Road, British director Rufus Norris brings one of the more unique and intriguing narrative films to TIFF this year. The film, adapted from a stage production of the same name, chronicles the lives of a community in Ipswich rocked by a serial killer preying on prostitutes around London Road, hurtling the ensemble cast (led by Olivia Colman and featuring a cameo by Tom Hardy) through the panic, the manhunt, the ensuing trial and the efforts to get life back to normal.

The catch is that all of the dialogue is taken verbatim from interviews conducted by writer Alecky Blythe. Oh, and it's a musical.

**I've been describing this movie to people as a "documentary musical," which isn't exactly accurate. How do you describe it?**

We call it a verbatim musical, but verbatim is one of those words a lot of people don't understand. Documentary musical? I mean, it's not a documentary. It's sort of a document. But I hope one day that when people say "musical," it represents a broader spectrum than people have in their imaginations now.

**What adapting it from the stage to the screen entail?**

The thing is with the way that Alecky works is every single word, grunt or utterance is exactly as it was recorded. The actors say what the real people said, and they say it exactly as they said it. The script itself, what's actually spoken or sung, has not changed radically.... But structurally it's totally different — the order in which things play — conceptually it's quite different.

One of the challenges was that on stage if you've got 11 people playing 70 parts, and you start with the 11 people being a group — in this case the residents of London Road — then you never forget about them being the protagonists because they're presented to you as the people who are telling the story through all these other characters, if that makes sense. In a film it doesn't work like that because you've got 70 actors playing the parts, and actually what we found was the key people that we wanted the audience to follow didn't really feature in it quite that much.

**They kick it off and then they come back.**

In a way, that's what we did is we made it kick off and come back. In the end we said every scene in the film has to relate to the central character, which is the road and the community. It's the story of a community that heals itself. So for example, Tom Hardy in a taxi driving one of the residents back to the road: In story terms, the important thing is that he's driving back to London Road and that he's doing the head in of the person in the back of the car — who eventually leaves London Road because her head is done in, partly by Tom Hardy. In reality, that speech was delivered to Alecky in a pub, and there were no residents there. So what he says is exactly as the guy said it, but the situation in which it's said is totally different to support the narrative of the movie. In real life the guy who said that to Alecky ended up getting fired for being too creepy.

**The "ums" and verbal ticks are fascinating. I usually find myself taking them out of interviews.**

It makes it kind of universal, because we all do it. But also when you hear it, it really gets to you. One of the songs has the line, "I've got nearly … 17 hanging baskets in my back garden."... What she's doing obviously is changing her mind. She was going to say nearly 20 and then she gets specific. And we just do that all the time.

INTERVIEW

## The rivalry between T.O. and New York movie fests

Hitchcock/Truffaut director Kent Jones also just so happens to be the director of programming for the New York Film Festival, so you might wonder why his documentary — chronicling the famous directors' meeting and resultant book — is premiering at the Toronto International Film Festival instead of his own fest next month. Well, Jones has a very simple reason for that.

"Imagine that you're a filmmaker and you've made a film, and you've submitted it to New York Film Festival, and I send you a note and I say, 'Hey, thanks for sending me your movie. Unfortunately we won't be inviting it, but if you want to come and watch mine it will be playing Saturday,'" Jones offers. "I couldn't do that. I could not honestly look somebody in the face and say that. That just doesn't seem right."

TIFF And NYFF make up an important part of the fall festival landscape, and both have become prime launch pads for eventual Oscar fare. Paul Thomas Anderson, for example, premiered The Master at TIFF but then took Inherent Vice to New York. So does there exist a healthy rivalry between Jones and his Canadian counterparts?

"A rivalry that's unsought," he says. "I mean, the more world premieres you're after, the more rivalry there's going to be among the different festivals."

That fervour in chasing world premiere films isn't something Jones necessarily prioritizes as much as other festival programmers do, though. "When I left the Film Society of Lincoln Center, there were no mandates for any world premieres whatsoever. When I came back, Rose Kuo had instituted a policy of world premieres for the three main slots," he explains. "It adds a certain kind of excitement to have world premieres.... From our perspective, it's not a matter of us trying to scoop anybody."

Kent Jones GETTY IMAGES

And the programmers at TIFF, Telluride and Venice probably aren't too thrilled Steven Spielberg is unveiling Bridge of Spies, his latest, at New York this year. "We're really happy to have it," Jones says. "We have it because we love it." NED EHRBAR/METRO

## TIFF BRIEFS

**Eye in the Sky tells 'urgent' story: Helen Mirren**

Oscar winner Helen Mirren touted the timeliness of her military drama Eye in the Sky as it arrived at TIFF. The tale made its premiere less than a month after U.K. forces used a drone to kill three ISIL fighters in Syria.

"I do think it's urgent because the whole business of drone warfare is such a burgeoning way of fighting war," said Mirren.

**Actor says he took PEDs to play Lance Armstrong**

Ben Foster was serious about getting into character to portray controversial cyclist Lance Armstrong in The Program. So serious, that he decided to take performance enhancing drugs, just as Armstrong infamously did. "I wanted to understand — on a personal level, on a cellular level — what that experience is like," he said. THE CANADIAN PRESS

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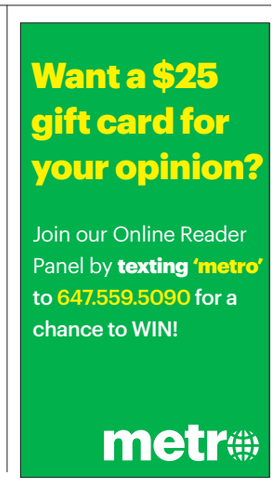


TIFF Party insider

# The George Clooney pyramid that wasn't

**Jessica Allen**
For Metro Canada

David Gordon Green, who drank beer from a bottle, was also at the Montecito post-gala celebration of Our Brand is Crisis

He directed the film about two American political strategists — played by Sandra Bullock and Billy Bob Thornton — competing to get their respective candidates elected as the president of Bolivia. (Variety recently wrote of Bullock's part, which was originally written with George Clooney in mind, that it's "easily one of the best female roles of the last 10 years.")

She left without saying goodbye to Clooney, who for the rest of the night held court in the centre of the dining room, charming everyone as he clutched a constantly replenished glass of his award-winning tequila, Casamigos, in his (perfect) hand.

Here's another rule when it comes to TIFFholing: never ask a celebrity for a photo — not only because you're a professional but also because it's plain gauche. But after sampling some Casamigos (for research), it occurred to me that this was a party hosted by Audi. And I drive a 2015 VW Golf, which has the chassis of an Audi A3. So, as long as no one asked me what a chassis was, Why shouldn't I ask for a photo with George?

It all made perfect sense! With only a handful of guests remaining, I stationed myself along his exit path. But my liquid courage failed me. Despite being the owner of an affordable hatchback, I couldn't do it.

Another reporter with whom I'd been cavorting all night, however, could — and did.

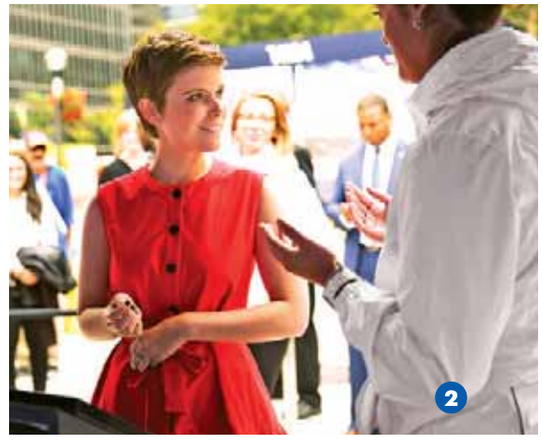
"A photo with you guys?" Clooney jovially asked, as a nice man took my friend's phone to capture the moment. "Let's make a human pyramid!"

"I'll be on the bottom," I said, and proceeded to assume the position. Clooney placed his hand on my shoulder as if to say, "Oh sweetie, better not."

"Yeah," I said under my breath, as I retrieved my own phone from my pocket and began to furiously take a series of blurred selfies with George, "I'm too old for this."

**Jessica Allen** is the digital correspondent on CTV's The Social.

## TIFF A LOOK AT THE CELEBS IN T.O.



**1 Sandra Bullock** is in town to promote Our Brand is Crisis. THE CANADIAN PRESS

**2 Kate Mara** visits Visa's virtual Parisian Bakery at the corner of King and Simcoe streets on Sunday. ELIZABETH BEDDALL/METRO

**3 Naomi Watts** arrives at Patria in a pink and red pantsuit. GEORGE PIMENTEL PHOTOGRAPHY

**4 Eddie Redmayne and Tom Hiddleston** attend the InStyle and HFPA party at the Windsor Arms Hotel. GETTY IMAGES

**5 Julianne Moore, Ethan Hawke, Greta Gerwig and Rebecca Miller** are almost all smiles at the Maggie's Plan premiere at the Princess of Wales Theatre. GETTY IMAGES

**6 Amber Heard and Johnny Depp** arrive together at the Danish Girl premiere. GETTY IMAGES

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CELEB SPOTTING

# Pop-up party house

It's become kind of a terribly kept secret that Mongrel Media throws one of the best TIFF parties, soirees that generally stretch into the early morning at unique venues with impressive surprise entertainers. But this year Mongrel decided to go a bit bigger.

Thursday night saw the kick-off of Mongrel House, a more long-term party set-up on the grounds of Campbell House, much closer to the core festival neighborhood than some of their previous venues. Take that, Soho House.

Celebrity attendees stopping by Mongrel House included Rachel McAdams, Geoffrey Rush, Michael Shannon, Sara Polley, Deepa Mehta, Ali Kazmi and Wim Wenders. And those who didn't want to risk the rain could head inside Campbell House proper, where ping pong and karaoke dens awaited in the basement. Events at the space run through Thursday night. NED EHRBAR/METRO

**Rachel McAdams stopped by Mongrel House.** CONTRIBUTED

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# Boundary-breaking film

WAVELENGTHS

## Program brings the radical and the risky to TIFF

**Catherine Kustanczy**
For Metro Canada

While many associate the Toronto International Film Festival with glamour, it's also about pushing the boundaries of filmmaking. TIFF's Wavelengths program, featuring 54 works this year, is a unique buffet of experimental and category-defying works.

The 2015 edition features a mix of well-known filmmakers, award-winning artists and emerging new talent. Curated by Andréa Picard, with contributions from members of the fest's international programming team, this year's Wavelengths features a record number of Canadian contributions.

"Wavelengths is committed to radicalism and risk-taking," says Picard. "Those terms can sound glib in today's world, but within the context of a big festival, the films in Wavelengths provide a critical alternative to traditional cinema in their aesthetics, stylistic approaches and often in their subject matter."

Highlights include the North American premiere of Portuguese director Miguel Gomes' sprawling Arabian Nights, which was a huge hit at Cannes, as well as Eva Doesn't Sleep, about the embalmed body of Argentinian First Lady Eva Perón, starring Gael Garcia Bernal.

"That TIFF can host Hollywood stars and continue to grow its avant-garde program each year is encouraging," Picard says. "Where else could I find myself in a situation in which Uma Thurman stepped on my foot in killer heels just before I had to introduce a program of political, avant-garde short films to a full house in the next theatre?"

Picard says the Wavelengths series "hugely benefits" from its position inside the bustling annual festival, "where a range of film is showcased and the conversation can be both specialized and expansive."

This year marks TIFF's first collaboration with the Art Gallery of Ontario, which is presenting the work of celebrated Thai filmmaker and artist Apichatpong Weerasethakul, as well as new material by Corin Sworn and Tony Romano.

"There is increasing overlap between the film and art worlds, and Wavelengths actively engages in this dialogue."

**Arabian Nights is showing at TIFF as part of the Wavelengths program after winning over viewers at Cannes.** CONTRIBUTED

### MOVIES

**Lost and Beautiful**
Picard calls this movie "a gentle initiation into Wavelengths." Part documentary, part fable, the film traces one man's attempts to restore a Bourbon palace in Italy.

**Bring Me the Head of Tim Horton**
Director Guy Maddin takes a unique, behind-the-scenes look at Hyena Road, a new feature by fellow Canuck Paul Gross.

**Yolo**
Filmed in the remains of the historic South African Sans Souci Cinema, this mash-up-style movie was done in collaboration with a youth collective from Soweto's Kliptown district.

# Quitting your job is work too

TRAVELLING THE WORLD

## Doing what you love comes with its own challenges

Eleni Deacon
For Metro Canada

**We shouldn't be surprised that Chanel Cartell and Stevo Dirnberger, who run the blog How Far From Home, had to scrub toilets to afford this journey. Daily sludge accompanies every job — no matter how glorious.** INSTAGRAM/@HOWFARFROMHOME

At the end of a particularly stressful workday, you probably want to get far away from your fluorescent-lit cubicle, your not-so-fun coworkers, and whatever infuriating email landed in your inbox at 5 p.m.

Most employees escape to their homes or their local watering holes. Others go further: say, another continent.

Earlier this month, a story went viral about a South African couple who, six months ago, quit slick advertising jobs to travel the world. Chanel Cartell and Stevo Dirnberger currently have over 100,000 followers on Instagram, but they didn't get press for their ripped-from-a-magazine photography. They drew attention for toilet-scrubbing.

"I feel it necessary we share the uglier side of our trip," Cartell wrote on the couple's blog, claiming that she and Dirnberger have cleaned 135 toilets and spread 250 kilos of cow dung as part of on-the-road work exchanges to pay for their trip.

Her post was covered by publications around the world, which circulated the story with headlines like The Couple Who Quit Their Ad Jobs to Travel the World Ended Up Poor and Scrubbing Toilets and Travelling the World Not Always What It's Cracked Up to Be.

Cartell and Dirnberger's experience tells us less about the messy consequences of long-term travel — after all, what's a little manure compared to a year-long vacation? — as it does about the complicated notion of doing what you love.

Scrapping work for a world tour is itself a road well-travelled — but it's also a privilege.

This adventuresome couple isn't scouring johns because they have no choice. Their janitorial forays are simply brief (if stinky) detours on a very lucky pursuit of their globe-spanning goals.

The clickbait headlines that accompanied this story, painting the couple as destitute vagabonds, suggest shock that pursuing your desires isn't pain — and poop — free.

Although wanderlust is a definitively more fun ambition than white-collar ladder-climbing, even in the more traditional corporate realm, there's a similar sense that dream-chasing should be more about love and less about hard labour.

"Do what you love, love what you do," the adage says, playing down the mundane, taxing, and often chaotic daily sludge that accompanies every job — no matter how much you enjoy your career.

Thinking of a ditching your desk? What we can learn from Cartell and Dirnberger is not that trekking the world isn't what it's cracked up to be.

It's a reminder that, whether your final destination is a beachside villa or a corner office, there will be dung.

THE UWI TWINS

## Rwandan genocide survivors want to inspire underdogs

Fashion designers Levi and Reuben Uwi, survivors of the 1994 genocide in Rwanda, said they looked to Africa for inspiration for their latest collection, which debuted Friday at New York Fashion Week.

The brothers, 27 and known as The Uwi Twins, unveiled "I Left My Heart In Africa!" at Gotham Hall and said they returned to the continent after 17 years to design their clean and simplistic ready-to-wear 2016 spring-summer collection.

"When we were designing the collection, we definitely felt very blessed and very humbled," Levi said backstage.

They kicked off the fashion show with traditional African dancers and two drummers.

"This brand is about inspiring the underdog and with this collection, yeah it is inspired by Africa, but it's also for anyone who feels like they're down,"

**The Uwi Twins unveiled their Spring 2016 collection.** THE ASSOCIATED PRESS

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*Elenor C. Miami, FL.*

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1- "White Mulberry Supplementation as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatic Agents., Vol 28, no.1, 2014.

# It's time to face your debt demons

FINANCIAL FUTURE

## Look at the hard facts, then put down a plan of action

**Gail Vaz-Oxlade**
For Metro Canada

The biggest barrier people face in getting to debt-free forever is believing they can. After being in debt for a while, you might actually begin to believe debt is "normal." And if your friends and family think debt is a way of life, you're more likely to accept debt as part of your life. But it doesn't have to be. You can be debt-free. And you must, if you want to have a healthy financial future.

It's scary just how much debt we are carrying. With low interest rates and access to easy credit, Canadians now owe $1.63 for every $1 in income they earn. That's an average. I have no debt, so someone's carrying my share. And if you have no debt, someone is carrying your share too. It's the people with debt — and consumer debt like lines of credit and credit cards are the worst — that are up to their eyes in alligators. According to the Bank of Canada back in March, about 1.5 million Canadians are extremely indebted.

Getting into debt is easy. Lose a job or watch as your hours are cut back at work and out come those credit cards. Using credit just seems like a natural option. Watch your car die on the highway or your furnace give up the ghost in the middle of winter and the idea of putting whatever you need on a credit card and carrying a balance takes a back seat to handling the big problem.

Whining about our debt has become a national pastime. I get hundreds of letters every month from people who are deeply in debt and don't know what to do. Each ends with a plea for me to help them. It's almost as if people believe I have a magic wand that I can wave and make the debt go away.

There is no magic.

There's the reality of facing up to the mess. There's the hard work of making a plan and doing whatever it takes to make the plan work. And there's the habit of living within your means.

First, you're going to make a list of your debt. (For the purposes of this exercise we're leaving mortgages off the list.) Then you must figure out your minimum payments. Next, figure out what your debt has been costing you (you're gonna puke, so have a bucket close by). Calculate what your repayments amount must be to actually get the hell out of debt. And, finally, snowball your payments to get to debt-free faster.

When you make your debt list, be sure to include the interest rate you're paying on that debt, the total amount you owe and the minimum payment you're required to make to keep your credit history healthy.

This list is going to help you prioritize where you'll make your payments. The minimum on a credit card is on your statement. On a loan, it's the payment amount you agreed to. On a line of credit, it's usually the interest accumulated for the month plus a couple of bucks. If you owe taxes, it's the amount you owe divided by 12. If you're into overdraft, it's the amount you owe divided by 6. If you have a Home Buyer's Plan loan, it's 1/15 of what you originally took out, divided by 12 (for the minimum monthly).

The next step is to add up what you owe. Until you come face-to-face with how much you owe in total, you're not facing up to the mess you've made. If your stomach is churning, it means you're healthy… you know you've made a mess.

We're not done yet. There's work still to be done. Take a breath. We'll take the final steps next week.

For more money advice, visit Gail's website at gailvazoxlade.com

### $ A NEW NORMAL

**Focus on getting out of that hole**

If you are so far in debt that indebtedness has come to feel like the norm, it's not. Debt means no control, no way to bounce back from whatever pile of poop is reaching up to grab your foot. The sooner you move past "managing your debt" and becoming debt-free, the healthier you will be.

metro SPORTS

"You gotta know when to go": Floyd Mayweather Jr. retires at a perfect 49-0 after beating Andre Berto

# Tanaka, Yankees salvage a win against Blue Jays

MLB

## Bronx Bombers avoid 4-game sweep to division rival

With New York closer to missing out on a wild-card berth than winning the AL East, Masahiro Tanaka pitched like the ace the Yankees needed him to be.

Tanaka allowed four hits over seven innings Sunday, and the Yankees defeated the Toronto Blue Jays 5-0 Sunday and stop a five-game losing streak.

"Today is a great example of what the formula is," Alex Rodriguez said. "Strong pitching, get the ball to our strong bullpen and hit the ball out of the park."

Dustin Ackley homered and had three RBIs and left-fielder Brett Gardner made two excellent catches for the Yankees, who closed back to within 3-1/2 games of the AL East-leading Blue Jays with 20 games left.

Toronto had won the first three games of the four-game series, but the Yankees sent R.A. Dickey (10-11) to his first loss since before the all-star break. The Blue Jays and Yankees play three more times in Toronto from Sept. 21-23.

Tanaka (12-6) struck out seven, walked none and threw 76 of 108 pitches for strikes.

"I had a sense of having some of the better stuff early on in the game," Tanaka said through an interpreter.

He is 3-0 with a 2.54 ERA in his last four starts.

"I just try to be resilient, not give in, and attack," Tanaka said. "My mindset was I'm not going to let these guys sweep us."

The Yankees' Rico Noel dives home to score a run against Blue Jays catcher Josh Thole on Sunday. KATHY KMONICEK/THE ASSOCIATED PRESS

SUNDAY In New York

| YANKEES | BLUE JAYS |
|---|---|
| 5 | 0 |

On Aug. 15, he beat the Blue Jays with a five-hitter in Toronto.

"He was good again today," Blue Jays manager John Gibbons said. "He's been tough on us."

The Blue Jays said before the game that all-star shortstop Troy Tulowitzki will miss at least two weeks after cracking his left shoulder blade in a collision during the opener of Saturday's doubleheader.

Edwin Encarnacion was held out after aggravating a finger injury Saturday.

Dickey (10-11) gave up five runs and seven hits in 7-2/3 innings. The knuckleballer had been 7-0 with a 2.68 ERA in 11 starts since losing at the Chicago White Sox on July 9.

THE ASSOCIATED PRESS

MLS

# Reds' dominance doesn't translate to scoreboard

TFC's Sebastian Giovinco works the ball around the Revolution's Jermaine Jones on Sunday. JON BLACKER/THE CANADIAN PRESS

Toronto FC pulled out the post-match superlatives Sunday but the New England Revolution left town with the points.

Lee Nguyen set up two goals and Diego Fagundez scored for the third straight game as the surging Revolution defeated Toronto 3-1 to extend its winning streak to five games.

Toronto dominated possession, had a bushel of scoring chances and outshot New England 21-7 although the shots on target were only 5-3 for the home side.

Nine of Toronto's shots were off-target while another seven were blocked.

SUNDAY At BMO Field

| REVOLUTION | TFC |
|---|---|
| 3 | 1 |

New England (12-9-7) only managed one shot on net in the first half — Fagundez' 39th-minute goal — but went to the break leading 2-0, thanks to Toronto defender Damien Perquis' fourth-minute own goal.

Toronto coach Greg Vanney called Toronto's response at the start of the second half "maybe the best soccer we've played this whole year."

Robbie Findley scored for Toronto in the 55th minute, ending New England's 340-minute shutout streak.

Kelyn Rowe's goal in the 71st minute was the backbreaker, making it 3-1. It came off a Michael Bradley turnover in the penalty box, with Nguyen pilfering the ball off the Toronto captain to feed Rowe.

THE CANADIAN PRESS

## IN BRIEF

**Djokovic downs Federer to capture U.S. Open title**

Top-ranked Novak Djokovic of Serbia downed Switzerland's Roger Federer on Sunday to capture his second U.S Open men's title.

Djokovic beat the second-seeded Federer in four sets, 6-4, 5-7, 6-4, 6-4. The Serbian's other U.S Open title came in 2011 when he defeated Rafael Nadal.

Federer won five straight U.S Open finals between 2004-08. He is still stuck on 17 Grand Slam championships, with none since 2012 Wimbledon.

The start of the match was delayed by more than three hours because of rain. THE ASSOCIATED PRESS

**Moses Malone dead at 60**

Moses Malone, a three-time NBA MVP and one of basketball's most ferocious rebounders, died Sunday. He was 60.

Det. Jeffrey Scott of the police department in Norfolk, Virginia, confirmed that Malone died in a Norfolk hotel room.

He said there was no indication of foul play. Malone's body was discovered when he failed to report to a celebrity golf tournament in which he was scheduled to play.

THE ASSOCIATED PRESS

**Probably the toughest loss I've had.**

Andrew Wiggins, when Canada failed to earn a berth in the 2016 Olympic Games after falling to Venezuela 79-78 on Friday in the semifinals of the FIBA Americas championship. Canada won the third-place game against host Mexico on Saturday night and still has a chance of making Rio in next July's last-ditch qualifying events.

# Bills bullish vs. Colts

NFL

## Purported contenders stonewalled in Western N.Y.

Rex Ryan lamented there was only one thing missing in making his Buffalo Bills coaching debut complete.

"I think, we would have gotten a shutout," Ryan said following a 27-14 season-opening win over the Indianapolis Colts on Sunday. "But when you're playing the Colts, that's not going to happen too often."

In other words, he'll take it.

The Bills showed signs of unveiling the bully Ryan had vowed to build when he took over in January after Doug Marrone stepped down abruptly.

Karlos Williams and Boobie Dixon each rushed for touchdowns as part of a ground-and-pound attack that combined for 147 yards. Quarterback Tyrod Taylor was efficient in his Bills debut. He completed 14 of 19 for 195 yards, including a 51-yard touchdown pass to Percy Harvin, and added 41 yards rushing.

And Buffalo's dominating defence put the clamps on Andrew Luck and what was one the NFL's best offences a year ago.

The Colts managed just nine first downs and 148 yards of offence in the first half, which ended with usually reliable Adam Vinatieri missing a 52-yard field goal wide right.

Luck finished 26 of 49 for 243 yards, and two touchdowns and two interceptions.

The Bills grabbed the momentum by capitalizing on Luck's first interception.

Rookie cornerback Ronald Darby timed his leap perfectly to intercept Luck's deep pass intended for T.Y. Hilton. Five plays later, Taylor dropped back in the pocket and hit Harvin in stride to open the scoring.

"It's a game changer," linebacker Nigel Bradham said of how the offence capitalized on the turnover. "Any time you get a situation like that where the offence just goes down and puts it in for us, we're going to sit back as a defence and be happy, with smiles on our faces."

Buffalo proceeded to score on its next three possessions, capped by Dixon's one-yard run to build a 24-0 lead six minutes into the second half, which proved far too deep a hole for the Colts to overcome. THE ASSOCIATED PRESS

**SUNDAY In Orchard Park**

| 27 | 14 |
|---|---|
| BILLS | COLTS |

**You don't let one game necessarily define you, but that doesn't make it any easier of a pill to swallow.**

Indianapolis quarterback Andrew Luck

### WEEK 1 AT A GLANCE

**THURSDAY**
Patriots 28, Steelers 21

**SUNDAY**
Packers 31, Bears 23
Chiefs 27, Texans 20
Dolphins 17, Redskins 10
Jets 31, Browns 10
Panthers 20, Jaguars 9
Rams 34, Seahawks 31 (OT)
Chargers 33, Lions 28
Broncos 19, Ravens 13
Bengals 33, Raiders 13
Titans 42, Buccaneers 14
Late Sunday: Giants at Cowboys

**MONDAY**
Eagles at Falcons, 7:10 p.m. ET
Vikings at 49ers, 10:20 p.m. ET

**Bills strong safety Bacarri Rambo slams Colts wide receiver Donte Moncrief with a tackle on Sunday in Orchard Park, N.Y.**
GARY WIEPERT/THE ASSOCIATED PRESS

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MAPLE LEAFS ROOKIE CAMP

# Comparisons not Kapanen's game: 'I'm here to be me'

The day after Kasperi Kapanen wore a Toronto Maple Leafs jersey in a game for the first time, he was already wondering how many times he'd have to answer about being compared to Phil Kessel.

Kapanen was the centrepiece of the July 1 trade that sent Kessel to the Pittsburgh Penguins. The 2014 first-round pick already had to deal with comparisons to his father, Sami, who played 12 seasons in the NHL, and now he'll be linked to Kessel for his Leafs tenure.

"It's fine if you compare me to anybody — I'm still going to be me," Kapanen said Saturday. "I'm me. I'm Kasperi Kapanen ... I'm here to be me and just play my style of game."

Kapanen is a skilled, smooth-skating winger who is far more of a playmaker than Kessel, a scorer with blazing speed. The 19-year-old is already a couple of inches taller than his father, too, and sees as many differences as similarities in how they play.

When the Leafs acquired Kapanen, defence prospect Scott Harrington, veteran forward Nick Spaling, a conditional first-round pick and a third-rounder for Kessel, 2011 first-rounder Tyler Biggs, defenceman Tim Erixon and a conditional second-rounder, assistant GM Kyle Dubas was insistent on getting the Finn. Dubas said: "If Kapanen wasn't in the deal I don't think we'd be standing here."

**Kasperi Kapanen and the Leafs are holding rookie camp in London, Ont.**
TORSTAR NEWS SERVICE FILE

Team president Brendan Shanahan said the Leafs don't expect any of the players in the trade to immediately produce like Kessel does. But expectations are still high for Kapanen, even if it's likely he starts the season with the AHL's Toronto Marlies.

A year ago Kapanen was among the final cuts at Penguins camp, which is a source of motivation this time around.

"If I'm good enough, then (the Leafs will) keep me, and if I'm not, then I'll go down. But it doesn't mean if I get sent down I won't be playing. I've just got to keep myself motivated."

Kapanen should have no shortage of that. Growing up around NHL locker-rooms with his father gave him an idea what the professional lifestyle was like, and he has the benefit of Sami's experience to draw from.

That upbringing and parts of three seasons playing against men in Finland has seemingly made Kapanen mature beyond his age. Seeing his father less as a parental figure than a best friend, Kasperi appreciates advice but considers this his career.

"He's not going to be the one trying to play on the Toronto Maple Leafs," Kapanen said recently. "It's going to be me, and it's all up to me. So let's see what I can do." THE CANADIAN PRESS

**It belongs in the sport.**

Kasperi Kapanen on what he thinks about the high expectations in Toronto.

# Leicester leaps to dizzy heights

**Jamie Vardy celebrates after drawing Leicester City level against Aston Villa on Sunday.** MICHAEL REGAN/GETTY IMAGES

PREMIER LEAGUE

## Late Dyer goal puts Foxes into 2nd; Spurs get late away win

Leicester staged a late comeback to maintain its unbeaten start to the Premier League season and clinch second spot in the table with a 3-2 win over Aston Villa on Sunday, while Tottenham earned its first victory of the campaign.

Leicester trailed 2-0 with 18 minutes remaining before Richie De Laet began Leicester's comeback in the 72nd minute. Jamie Vardy dragged Leicester level with a close-range finish and Nathan Dyer won it in the 89th, heading in while being flattened by goalkeeper Brad Guzan.

Goals from Jack Grealish and Carles Gil had put Villa in command, but Leicester's win puts it right behind leaders Manchester City after five rounds.

Dyer collided with the onrushing Guzan just as he got his head on the ball. He remained on the ground for a couple of minutes after his goal but eventually got to his feet.

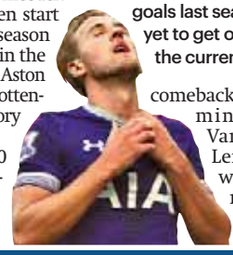
"Until I got up and the ref said 'You've scored,' I didn't know," Dyer said.

Earlier, Ryan Mason's late goal gave Tottenham a 1-0 win over Sunderland.

THE ASSOCIATED PRESS

**"The effort was great ... he only needs time to score again.**

Spurs manager Mauricio Pochettino on Harry Kane, pictured, who scored 21 BPL goals last season, but has yet to get off the mark in the current campaign.



### BPL TABLE

| | W-D-L | PTS |
|---|---|---|
| Man City | 5-0-0 | 15 |
| Leicester | 3-2-0 | 11 |
| Man Utd | 3-1-1 | 10 |
| Arsenal | 3-1-1 | 10 |
| Palace | 3-0-2 | 9 |
| Everton | 2-2-1 | 8 |
| Swansea | 2-2-1 | 8 |
| Norwich | 2-1-2 | 7 |
| Liverpool | 2-1-2 | 7 |
| West Ham | 2-0-2 | 6 |
| S'hampton | 1-3-1 | 6 |
| Tottenham | 1-3-1 | 6 |
| Watford | 1-3-1 | 6 |
| West Brom | 1-2-2 | 5 |
| Aston Villa | 1-1-3 | 4 |
| B'mouth | 1-1-3 | 4 |
| Chelsea | 1-1-3 | 4 |
| Newcastle | 0-2-2 | 2 |
| Stoke City | 0-2-3 | 2 |
| Sunderland | 0-2-3 | 2 |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# RECIPE Golden Beet, Fig and Arugula Salad

EAT LIGHT AT HOME

Rose Reisman
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I love using golden or orange beets because they are more tender and sweeter than the red beet, and won't leave the red pigment colour on the other foods they come in contact with. The combination of these beets, arugula and maple dressing is outstanding.

**Ready in**
Prep time: 15 minutes

**Ingredients**
- 3 cups packed arugula
- 2 large yellow beets, peeled, either spiralized or shredded
- 1/2 small red bell pepper, julienned (sliced thinly)
- 4 fresh figs, cut into quarters
- 3 Tbsp sunflower seeds
- 2 Tbsp olive oil
- 4 tsp maple syrup
- 2 tsp lemon juice
- 2 tsp apple cider vinegar
- 1/2 tsp Dijon mustard
- 1/2 tsp minced garlic
- Salt and pepper

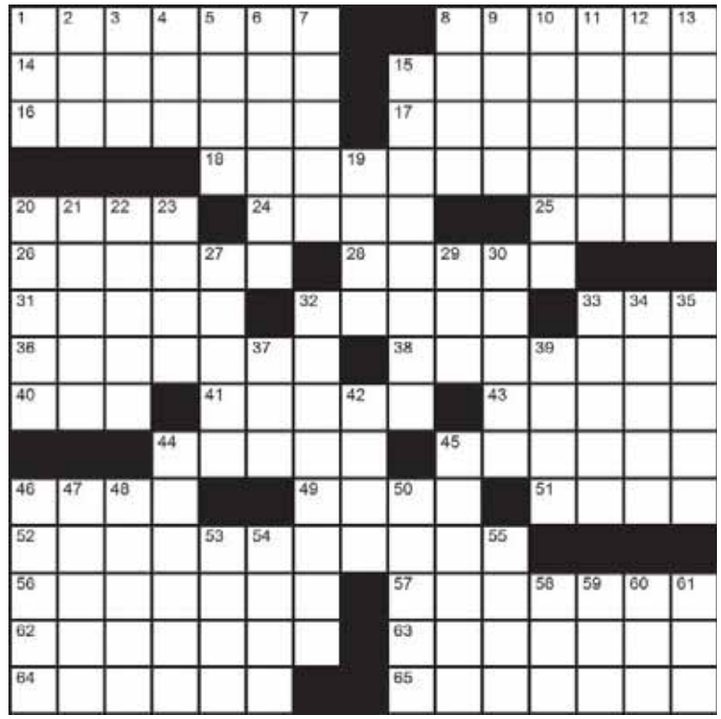
**Directions**
**1.** Place arugula and beets on serving platter. Add bell pepper, figs and sunflower seeds.
**2.** Dressing: Combine all ingredients and pour over salad.

**Nutrition per serving (recipe serves 4)**
- Calories 170
- Protein 3 g
- Carbohydrates 21 g
- Fibre 4 g
- Total fat 9 g
- Saturated fat 1.5 g
- Cholesterol 0 mg
- Sodium 50 mg

PHOTO: ROSE REISMAN

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. Paper-folding art
8. Symbol for the restaurant at #19-Down
14. "Titanic" (1997) director James
15. Decathlete's spear
16. Clap
17. Most level
18. Endangered predatory fish, Atlantic __
20. Design
24. "I will be __ to pleading and excuses." - Prince in Shakespeare's Romeo and Juliet, Act III, Scene 1
25. Letters before ://www
26. Tedious listing of things
28. Cursed
31. Extreme
32. Gaze and gaze
33. Track circuit
36. Become less taut
38. Crisscrossed upper portion along a backyard fence
40. Name of one of '60s U.S. President Johnson's pet beagles
41. Web letter
43. Sounds off
44. Inference
45. Geological formation in the Alberta badlands that's pillar-shaped with a flat top
46. Wing-shaped
49. Military cap
51. Lacking
52. Reflection: 2 wds.
56. What leftovers are initially
57. Bamboozled
62. Venue's humans-in-chairs capacity
63. Wind-powered electricity maker
64. Intertwine
65. Letter before Zeta

**DOWN**
1. Mozart opera, L'__ del Cairo
2. Music style
3. Pixie
4. Collective Soul tune
5. Dubai, United __ Emirates
6. Like furry food
7. Soon, __ __ time
8. Rikki-Tikki-__
9. Pizzeria need
10. Creme de __ (Grasshopper cocktail ingredient)
11. Language of Alaska
12. Ain't, posh-style
13. Available for pouring: 2 wds.
15. Canadian photographer whose works are part of the Vancouver Art Gallery's permanent collection: 2 wds.
19. __ Side Mario's (Canadian restaurant chain)
20. Lavish
21. City in northern France
22. Petal product in perfumery
23. Drug deal buster, commonly
27. Free from fashions of any sort
29. "...man __ __ mouse?"
30. 1980s styles, now
32. In-between-meals activity
33. Ms. Hamilton (Actress who was married to the Canadian at #14-Across)
34. 'A Heritage in Leather' community in southwestern Ontario
35. Monetary units in Mexico
37. Down Under bird
39. New Mexico art colony
42. Particular
44. Printers' mistakes
45. Elevated: 2 wds.
46. Charm
47. __ closet (Hallway spot)
48. "He's __ __ Nowhere Man..." - The Beatles
50. Sticky stuff
53. Ear-related
54. Ms. Russo of movies
55. Corn units
58. "The X-Files" org.
59. Tuesday's partner (1980s band)
60. Antacid brand
61. Lair

# IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20
The final piece of a puzzle will fall into place over the next two or three days. Once you can see the entire picture you'll know why it took so long to make sense of it.

**Taurus** April 21 - May 21
Something you say may confuse other people. Try to see things from their point of view, then explain using plain and simple language.

**Gemini** May 22 - June 21
You may have to devote the daylight hours to work-related matters but once the Sun goes down your thoughts will be on having fun. As far as romance is concerned a secret crush you have is unlikely to stay secret much longer.

**Cancer** June 22 - July 23
You should follow a course you have navigated profitably before rather than set out in a new direction. Despite what some may say, there is no need for any type of major change.

**Leo** July 24 - Aug. 23
You can sense that something is wrong and you know better than to ignore your instincts. Take the initiative and act immediately on your suspicions.

**Virgo** Aug. 24 - Sept. 23
You may not understand how your mind has arrived at a certain conclusion but deep down you know it is the right one for you. It may seem a bit silly at the present but it will soon make perfect sense.

**Libra** Sept. 24 - Oct. 23
Try not to criticize yourself for no reason. In fact, try not to criticize yourself even if there is a reason. If you made a mistake, learn from it quickly and move on.

**Scorpio** Oct. 24 - Nov. 22
Think positively about what you are required to do by people in positions of authority. It may not be what you want to do but don't start a battle you cannot possibly win.

**Sagittarius** Nov. 23 - Dec. 21
You know a good thing when you see it and what you see today will get your mind racing. How can you make it work for you? How can you make it pay? It's not selfish to think that way — it's just common sense.

**Capricorn** Dec. 22 - Jan. 20
Why are you worrying for no good reason? The planets indicate that nothing will happen without your agreement and your say-so.

**Aquarius** Jan. 21 - Feb. 19
Try not to be too judgmental of people whose beliefs and lifestyles differ from your own. Yes, maybe the world would be a better place if everyone was just like you but that isn't going to happen, so get over it.

**Pisces** Feb. 20 - March 20
You need to resolve a dispute with a loved one or work colleague now. If you let the situation fester for even one more day it may move beyond the point where it is easily rescued. Say sorry, and move on.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

| | | | | | | | | |
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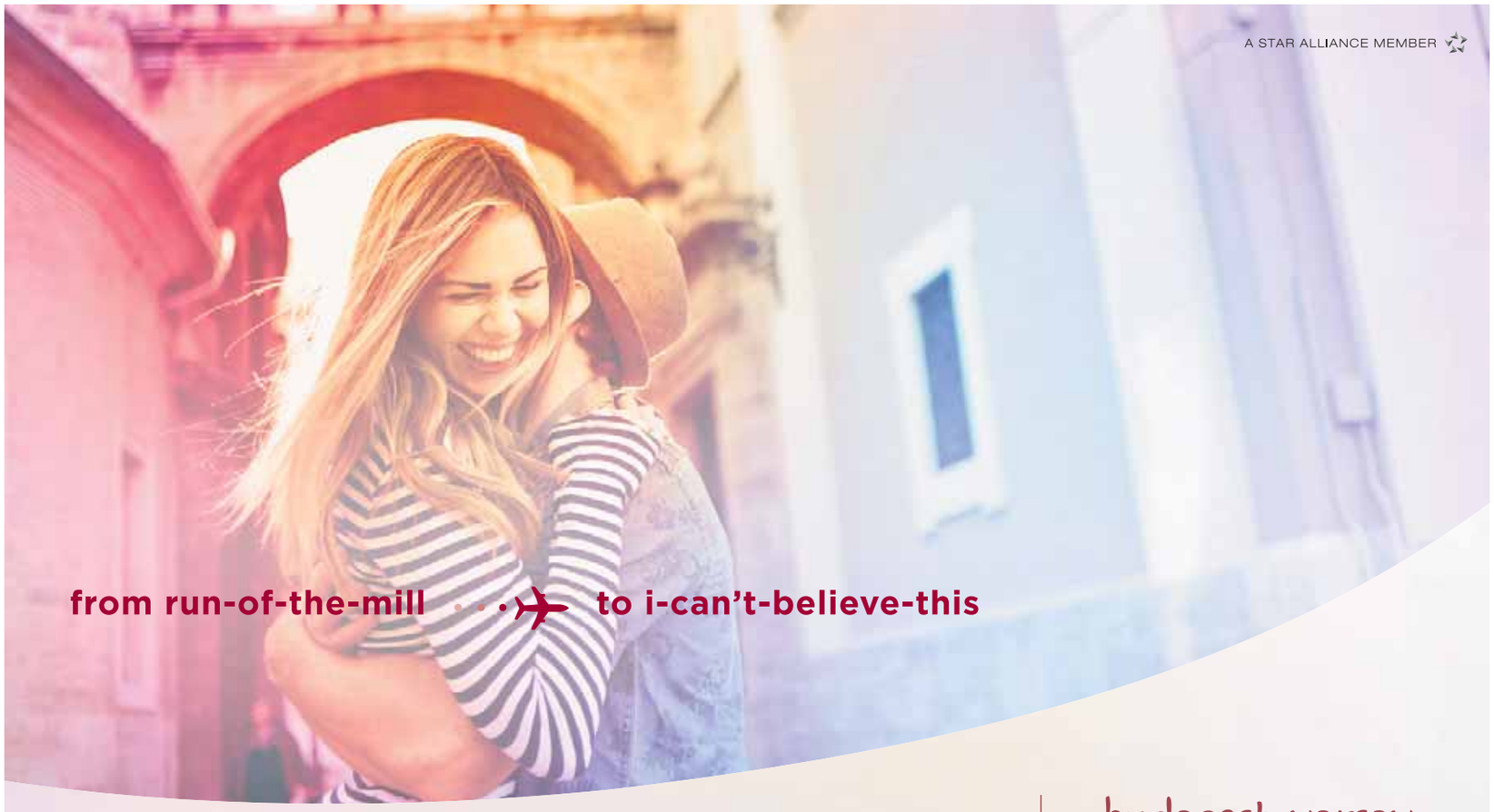


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